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## **MAKING A DIFFERENCE**

*by Laurie A. Monroe*

“Making a difference” implies having an effect or changing the outlook or situation. By making a difference we can all benefit those we encounter in our daily activities. Changing how we perceive a situation changes our personal outlook. But the larger question arises, “How can we make a difference not only to those we love, but to the evolution of humankind as well?” If we begin with the small things in life, then everything will fall into place, since everything is a part of the wholeness of who we are.

If you have experienced the Hemi-Sync® process through using the tapes at home or attending programs here at the Institute, you have firsthand knowledge of its profound effect. It has enabled so many of us to change in positive ways.

We have altered our lives and the ways in which we live. It has changed how we perceive rather than what we perceive. While expanding our awareness, we have become more inwardly perceptive. By growing in understanding and awareness, we become able to translate our experiences and share our knowledge with others. And by expressing our own truth, we empower each other and remember why we are here. In taking what we have learned to our loved ones, friends, and all whom we encounter, we remind each other of our deepest level of truth—the truth that we all know. Our inner understanding, peacefulness, and centeredness can be a beacon to everyone we touch. These qualities promote more loving and supportive relationships and enhance our personal productivity and creativity. By demonstrating these qualities, we become catalysts for others. By experiencing our innermost energy, which is infinite and indestructible, we can help others open to their own inner depths.

We choose to take action and to think in certain ways. Through choice, we co-create our own life's path. Within the process of co-creation, what we think about ourselves and our situations determines what is manifested. Knowing the source of our thoughts enables us to process and change old patterns through our intent. When something is experienced in a way that makes it a known, old patterns or restrictions that previously limited our thinking fall away—we are free. And through connecting with the power that resides at our very core, we are able to make life choices that can and do make a difference. From the smallest issue to the largest, it is simply a matter of deciding. Whatever appeals to you as worthwhile to share, follow your feelings. If your choice is unrestricted with no expectations attached, then give freely and lovingly. You will empower others as well as open yourself to the gift of receiving.

I used to drive over Florida's Sunshine Skyway on a weekly basis. Early in the morning everyone was hustling to get to work on time. The atmosphere thrummed with tension. A

palpable aura of stress emanated from the traffic backed up at the tollbooths. I had a choice as I sat there. I could join the agitated and frustrated majority or transform the situation positively. Making the latter choice, I pulled up to the toll-booth and gave the attendant the exact change for myself and the next two cars. She probably thought I knew the other drivers. Driving away, I watched in my rearview mirror as the cars stopped to pay the toll, and I sensed the drivers' surprise as they learned that their toll had been paid by the preceding driver—a stranger! For an instant they smiled and entered into the moment as they received my gift. Even though the act was small, its power to create gratitude in another's heart was magnified. The attendant later told me of the other drivers' reactions. Their pleasure made her feel good and spilled over into her attitude toward everyone else who passed her that day. She would think about the gesture and smile. Consider the small things in your daily life: where could you help someone else—even for a moment—with a smile, a kind word, or an action that would lift them out of their usual responses? Think about situations that provoke impatience, such as standing in a long line at the grocery store or waiting for a teller at the bank. Choose to make a difference for someone else in these moments and feel the joy within emanating outward. As this energy radiates from you, it will inspire others to react and respond in kind.

A recent *GATEWAY VOYAGE*® graduate shared this excerpt recorded in his journal toward the end of the program. “Nothing will be the same in this entirely new world/universe which has opened up in myself. I am very thankful for that. I finally can see, hear, and speak in a bigger universe without fear, without doubts. Just a special ‘thank you’ for the awakening into a very new, bigger, and brighter world.” As we take time to re-acquaint ourselves with the wonder of our universe and ourselves, gratitude will open more doors than we can imagine.

*Thank you for making a difference to the Institute. Your contribution to our growth and your dedication to our vision through creative action is an integral part of our success in attaining our goals. Thank you for the support and love that you are giving in every moment. Together we can indeed make a difference as we continue our explorations into human consciousness.*

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